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## TCEP NEWSLETTER WEEK OF APRIL 27-MAY 1

Hello everyone!

I was thinking that with warmer weather comes wanting to eat ice cream!!

So, for this week maybe you could make your own ice cream in a bag; sound good?

If you do not have the ingredients now maybe you could ask for the things you need the next time someone in the family goes to the grocery store. Keep in mind, trips to town do not happen as often as they used to, so be patient....which is hard to do when all you want to do is eat something yummy!

Here are the things you will need:

### INGREDIENTS

1 cup half and half

1.5 teaspoon vanilla extract

1 tablespoon sugar

Ice

$\frac{1}{4}$  cup salt

Ziplock bags 1 small bag and 1 large bag

## INSTRUCTIONS

1. Pour 1 cup of half and half into a small Ziploc bag.
2. Add 1.5 teaspoons of vanilla extract and 1 tablespoon of sugar
3. Seal the bag firmly and get any excess air out.
4. In the larger Ziploc bag, fill it about  $\frac{1}{2}$  way with ice.
5. Add  $\frac{1}{4}$  cup of salt
6. Then add your small bag filled with extra ice on top. Seal the large bag.
7. Shake the ingredients for at least 6 minutes. You may need gloves for this part, the salt makes the ice extra cold.
8. Take the small bag out of large bag and rinse the outside of the small bag with cold water. Make sure to rinse out the top part of the bag also (above the seal)
9. Once you are done rinsing, carefully open the small bag to not get any remaining salt from the outside of the bag inside the bag.

The ice cream will be a little icy looking to start. Use a spoon to mix it around and soften it up a bit.

**SCOOP OUT YOUR HOMEMADE ICE CREAM AND ENJOY!**

Did you know you were using your math skills when you read the measured the ingredients? Learning can be fun and tasty!

Take good care of yourselves and I will be trying to get ahold of you on the phone to talk awhile. Or call me: 250-9545

Ms. Terry